



EATING SMART  
BEING ACTIVE

## Lentil Tacos

Makes: 6 servings (2 tacos per serving)

Preparation Time: 8 minutes

Cooking Time: 30 minutes

### Ingredients

Nonstick cooking spray  
1 tablespoon vegetable oil  
1 medium onion, diced  
1 cup dried lentils  
¼ teaspoon garlic powder  
2 tablespoons taco seasoning  
3 cups water  
1 (8 ounce) can tomato sauce  
12 (6 inch) corn tortillas  
1 cup salsa  
4 ounces cheese, shredded (1 cup shredded)  
2 cups shredded lettuce

### Directions

1. Wash the lettuce.
2. Collect, dice, shred, and measure all ingredients before starting to prepare the recipe. Rinse the lentils.
3. Spray a large skillet with cooking spray. Add tortillas to the skillet one at a time. Heat briefly on both sides over medium heat until warm and soft. Wrap in 2 layers of foil, put on a plate, and cover with another plate to keep warm.
4. Heat the oil in the skillet over medium high heat.
5. Add the onion, and cook for 4 to 6 minutes until it becomes soft. Stir while cooking.
6. Add the lentils, garlic powder, and taco seasoning, and stir to mix.
7. Add the water and tomato sauce, and stir to mix.
8. Bring to a boil, then reduce heat to medium low, and cover. Cook for about 30 minutes or until the lentils are tender. Check and stir the mixture every 5 minutes to be sure the liquid is simmering and not boiling. If the mixture is boiling, reduce the heat to low. If there is no liquid, add a ½ cup more water, stir thoroughly and cover.
9. Uncover, and cook for 5 more minutes until the mixture thickens, stirring every few minutes. (Optional: Mash the lentils somewhat with the back of a fork.)
10. Add ¼ cup of the lentil mixture, salsa, cheese, and lettuce to each tortilla.
11. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Be creative!** Serve as lentil tostadas or with tortilla chips as a party dip.

### Nutrition Facts

6 servings per container

Serving size 2 Tacos (340g)

Amount Per Serving

**Calories 200**

% Daily Value\*

Total Fat 10g 13%

Saturated Fat 3.8g 19%

Trans Fat 0g

Cholesterol 20mg 6%

Sodium 810mg 35%

Total Carbohydrate 22g 8%

Dietary Fiber 7g 25%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein 15g 30%**

Vitamin D 0mcg 0%

Calcium 201mg 15%

Iron 3.5mg 20%

Potassium 589mg 15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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*Go Lean with Protein*